



# Blue Care® Elect Preferred (PPO)

Summary of Benefits

City of Somerville



BlueCross  
BlueShield

An Association of Independent Blue Cross and Blue Shield Plans

# Your Choice

## When You Choose Preferred Providers.

You receive the highest level of benefits under your health care plan when you choose preferred providers. These are called your “in-network” benefits. You can also choose non-preferred providers, but your out-of-pocket costs are higher. These are called your “out-of-network” benefits.

Generally, you have full coverage for most preferred hospital, physician, and other provider covered services. And, for some outpatient services, you pay a **\$10** copayment for each visit.

Please note: If a preferred provider refers you for covered services to another provider (such as a lab or specialist), make sure the provider you have been referred to is also a preferred provider. If the provider you use is not a preferred provider, your out-of-pocket costs will be higher, even if you are referred by a preferred provider.

## How to Find a Preferred Provider.

There are several ways to find a preferred provider:

- Look up a provider in the preferred provider directory. If you need a copy of your provider directory, call Member Service at the number on your ID card.
- Visit the Blue Cross Blue Shield of Massachusetts website at [www.bluecrossma.com](http://www.bluecrossma.com) for Massachusetts providers.
- Visit the BlueCard® Provider Finder website at [www.bcbs.com/healthtravel/finder.html](http://www.bcbs.com/healthtravel/finder.html).
- Call the BlueCard Program at **1-800-810-BLUE (2583)**, 24 hours a day, 7 days a week.

## When You Choose Non-Preferred Providers.

You must pay a calendar-year deductible for most out-of-network services. The calendar-year deductible begins on January 1 and ends on December 31 each year. The deductible is **\$250** for each member (or **\$500** for all family members covered under the same membership). After you have met your deductible, you pay **20%** co-insurance for most out-of-network covered services. When the money paid for the 20% co-insurance equals **\$1,000** for a member in a calendar year (or **\$2,000** for all family members covered under the same membership), benefits for that member (or that family) will be provided in full, based on the allowed charge, for the rest of that calendar year. Refer to the benefit description and riders for a description of allowed charge and how the deductible and co-insurance are calculated.

## Emergency Room Services.

In an emergency, such as a suspected heart attack, stroke, or poisoning, you should go directly to the nearest medical facility or call 911 (or the local emergency phone number). You pay a **\$50** copayment for in-network or out-of-network emergency room services. This copayment is waived if you are admitted to the hospital or for an observation stay. The out-of-network deductible does not apply.

## Utilization Review Requirements.

You must follow the requirements of Utilization Review, which are Pre-Admission Review, Concurrent Review and Discharge Planning, Prior Approval for Home Health Care, and Individual Case Management. Information concerning Utilization Review is detailed in your benefit description. If you need non-emergency or non-maternity hospitalization, you or someone on your behalf must call the number on your ID card for pre-approval. If you do not notify Blue Cross Blue Shield and receive pre-approval, your benefits may be reduced or denied.

## Dependent and Student Benefits.

Blue Care Elect Preferred covers your unmarried dependent children until age 19, or until age 25 if they are full-time students. Coverage ends when the student turns 25, or marries, or on November 1 following the date the student discontinues full-time classes or graduates, whichever comes first.

# Your Medical Benefits

Plan Specifics	Your Cost In-network	Your Cost Out-of-network (after your deductible)
<b>Calendar-year deductible</b>	None	\$250 per member \$500 per family
<b>Calendar-year co-insurance maximum</b>	None	\$1,000 per member \$2,000 per family
<b>Covered Services</b>		
<b>Outpatient Care</b>		
Emergency room visits	\$50 per visit (waived if admitted or for observation stay)	\$50 per visit (waived if admitted or for observation stay), no deductible
Clinic visits; physicians', podiatrists', and chiropractors' office visits	\$10 per visit	20% co-insurance
Well-child care visits, including related tests, according to age-based schedule as follows: <ul style="list-style-type: none"> <li>• 10 visits during the first year of life</li> <li>• Three visits during the second year of life</li> <li>• One visit per calendar year from age 2 through age 11</li> <li>• One visit every two calendar years from age 12 through age 18</li> </ul>	\$10 per visit (no cost for routine tests)	20% co-insurance
Routine adult physical exams, including related tests, according to age-based schedule as follows: <ul style="list-style-type: none"> <li>• Once every five calendar years from age 19 through age 29</li> <li>• Once every three calendar years from age 30 through age 39</li> <li>• Once every two calendar years from age 40 through age 54</li> <li>• Once every calendar year age 55 and older</li> </ul>	\$10 per visit (no cost for routine tests)	20% co-insurance
Routine GYN exam (one per calendar year), including related lab tests	\$10 per visit (no cost for routine tests)	20% co-insurance
Diagnostic X-rays, lab tests, and other tests	Nothing	20% co-insurance
Allergy injections	\$10 per visit	20% co-insurance
Routine PSA test (one per calendar year) age 40 and older	Nothing	20% co-insurance
Routine hearing exam	\$10 per visit	20% co-insurance
Routine vision exam (one every 24 months)	\$10 per visit	20% co-insurance
Family planning and infertility services	\$10 per visit	20% co-insurance
Short-term rehabilitation therapy (physical and occupational) (up to 100 visits per calendar year)*	\$10 per visit	20% co-insurance
Speech, hearing, and language disorder treatment	\$10 per visit	20% co-insurance
Home health care, including hospice care	Nothing	20% co-insurance
Durable medical equipment (such as wheelchairs, crutches, hospital beds) and repairs (up to \$1,500 per calendar year)**	Charges beyond the calendar-year maximum	20% co-insurance and charges beyond the calendar-year maximum
Oxygen and equipment for its administration	Nothing	20% co-insurance
Prosthetic devices and repairs	Nothing	20% co-insurance
Surgery and related anesthesia <ul style="list-style-type: none"> <li>• Office setting</li> <li>• Ambulatory surgical facility, hospital, or surgical day care unit</li> </ul>	\$10 per visit Nothing	20% co-insurance 20% co-insurance
<b>Inpatient Care (including maternity care)</b>		
Care in a general or chronic disease hospital for as many days as medically necessary	Nothing	20% co-insurance
Semiprivate room and board	Nothing	20% co-insurance
Care in a skilled nursing facility (up to 100 days per calendar year)	Nothing	20% co-insurance
Care in a rehabilitation hospital (up to 60 days per calendar year)	Nothing	20% co-insurance

\* No visit limit applies when short-term rehabilitation therapy is furnished as part of covered home health care, or to diagnose or treat speech, hearing, and language disorders.

\*\* No dollar limit applies when durable medical equipment is furnished as part of covered home dialysis, home health care, or hospice services.

## Your Medical Benefits (continued)

Covered Services	Your Cost In-network	Your Cost Out-of-network (after your deductible)
<b>Mental Health and Substance Abuse Treatment</b>		
<b>Biologically based conditions*</b> Inpatient admissions in a general or mental hospital	Nothing	20% co-insurance
Outpatient visits	\$10 per visit	20% co-insurance
<b>Non-biologically based mental conditions (includes drug addiction and alcoholism)</b> Inpatient admissions in a general hospital	Nothing	20% co-insurance
Inpatient admissions in a mental hospital or substance abuse treatment facility (up to 60 days per calendar year)	Nothing	20% co-insurance
Outpatient visits (up to 24 visits per calendar year)	\$10 per visit	20% co-insurance
<b>Alcoholism treatment (in addition to non-biologically based mental conditions)</b> Inpatient admissions in a general hospital	Nothing	20% co-insurance
Inpatient admissions in a substance abuse treatment facility (up to 30 days per calendar year)	Nothing	20% co-insurance
Outpatient visits (up to 8 visits per calendar year)**	\$10 per visit	20% co-insurance
<b>Prescription Drug Benefit</b>		
At designated retail pharmacies (up to a 30-day formulary supply for each prescription/refill or supply)	\$10 for Tier 1 \$20 for Tier 2 \$35 for Tier 3	
Through mail service drug program (up to a 90-day formulary supply for each prescription/refill or supply)	\$10 for Tier 1 \$20 for Tier 2 \$35 for Tier 3	

\* Treatment for rape-related mental or emotional disorders and treatment for children under age 19 are covered to the same extent as biologically based conditions.

## Healthy Blue Programs

At Blue Cross Blue Shield of Massachusetts we offer you Healthy Blue, a group of programs, discounts and savings, resources, and tools to help you get the most you can from your health care plan. Call us at **1-800-782-3675** to receive our *Healthy Blue* booklet, which outlines these special programs.

LIVING HEALTHY <i>Babies</i> ®	No charge
A Fitness Benefit toward membership at a health club (see your benefit description for details)	\$150 per year, per individual/family
Living Healthy® Vision—discounts on eyewear (frames, lenses, supplies, and laser vision correction surgery)	Discount varies
Discounts on safety helmets and home safety items	Discount varies
Blue Care® Line to answer your health care questions 24 hours a day—call <b>1-888-247-BLUE (2583)</b>	No charge
Living Healthy® Naturally—discounts on different types of complementary and alternative medicine services such as acupuncture, massage therapy, nutritional counseling, personal training, Pilates, tai chi, and yoga	Up to a 30% discount
Visit <b>www.AHealthyMe.com</b> for an around-the-clock healthy approach to fitness, family, and fun	No charge
Member Self Service on <b>bluecrossma.com</b> —to help you manage your health care	No charge

## Questions? Call 1-800-782-3675.

For questions about Blue Cross Blue Shield of Massachusetts, visit the website at **www.bluecrossma.com**.

**Limitations and Exclusions.** These pages highlight some of the benefits of your Blue Care Elect Preferred plan. The benefit description, along with any riders, define the full terms and conditions of your coverage. Should any questions arise concerning benefits, the benefit description and riders will govern. Some of the services your plan does not cover are: custodial care; cosmetic surgery; hearing aids; most dental care; and any services covered by workers' compensation. For a complete listing of limitations and exclusions, refer to your benefit description.

**Please note:** Blue Cross and Blue Shield of Massachusetts, Inc. administers claims payment only and does not assume financial risk for claims.